



Camp Foster hosts all-services boxing exhibition. See story, Page 16.

June 30, 2000

Camp Smedley D. Butler, Okinawa, Japan

<http://okinawa.mcbbutler.usmc.mil>

MCCS plans activities for G-8

Sgt. Jennifer A. Wolf

Combat Correspondent

CAMP FOSTER, Okinawa — The G-8 Summit, scheduled for July 21-23, will bring thousands of visitors to the island along with a lot of traffic congestion.

In an effort to provide Status of Forces Agreement personnel with entertainment and to reduce the need to drive off-base during the period, Marine Corps Community Services has scheduled numerous activities island-wide.

“During this hectic off-base period, MCCS is trying to provide a wide range of leisure alternatives on-base to enhance everyone’s quality of life,” said Gene Raub, executive assistant, MCCS. “There will be something available for everyone, from youths, to families, to single Marines/Sailors.”

Some of the planned events include two sports tournaments on every installation, six inter-service men’s and women’s tournaments, and several concerts, barbecues, block parties and water activities. In addition to the added events, MCCS will extend the hours for the gym and swimming pools.

All exchange services and all other MCCS facilities will remain open during normal working hours.

“This will be the largest recreational weekend that MCCS has ever hosted,” said Ben Erichsen, chief marketing officer, MCCS, “There will be activities for everyone.”

More information will be provided in the July 7 edition of the MCCS Source. Some of the events scheduled are:

SPORTS

G-8 Interservice Sports Competition on Camp Foster

July 17-23

Interservice tournaments in volleyball, soccer, basketball and softball. One team per service, per sport will participate in the tournaments

Registration for all interservice tournaments will be accepted at 645-3521.

Points of contact for the Marine teams:

Basketball: Gunnery Sgt. Vernon E. King 645-2039

Mens Volleyball: Master Gunnery Sgt. Peter D. Jones 636-1181

Women’s Softball: Staff Sgt. Jay A. Savoie 637-2319

Registration for all other sporting events will be accepted at each camps respective fitness center.

Camp Courtney

Sweetness Classic Recreational Flag Football Tournament
July 22, 8 a.m.

Register by July 9

This is a free event open to all Department of Defense identification card holders on Camp Courtney only.

Camp Kinser

Recreational G-8 Softball Tournament

July 22-23

Register by July 17

This is a free event open to all DoD ID card holders.

Recreational G-8 Volleyball Tournament

July 22-23, 9 a.m. to 6 p.m.

Register by July 11

This is a free event open to all DoD ID card holders.

MCAS Futenma

Recreational Volleyball Sand Lot
July 22-23, 9 a.m.

Register by day of event

This is a free event open to all DoD ID card holders.

Camp Schwab

Recreational Beach Soccer
July 22-23, 9 a.m.

Register by July 21

This is a free event open to all DoD ID cardholders.

Recreational Softball Tournament
July 22-23, 9 a.m.

Register by July 21

This is a free event open to all DoD ID cardholders.

In addition to the sports competitions, all MCCS Semper Fit gyms will be open 24 hours July 22-23.

ENTERTAINMENT

Camp Foster

Globe & Anchor Enlisted Club
July 22, 7 p.m. to midnight
Kellie Wright and the Blue Diamond outdoor concert

Club Rhapsody at Chesty’s Staff Noncommissioned Officers Club
July 22

performance by Michael Paulo

Camp Hansen

July 22, 5 p.m. to 10 p.m.
Outdoor concert, location TBD

Camp Schwab

July 22-23, 11 a.m. 6 p.m.
Driftwood lounge patio, event will include a disc jockey and food.

Camp Courtney

July 22, 8 p.m. to midnight
Midnight Madness pool party



OFFICIAL USMC PHOTO

Thumbs up

Staff Sgt. William Bouchvell, with the Marine Air Group-36, 1st Marine Aircraft Wing, refuels a CH-53E helicopter during the Korean Incremental Training Program (KITP) 00-2 in Pyon Dong, Korea. The purpose for KITP 00-2 was to enhance interoperability between U.S. Marines and Republic of Korea Marines and give U.S. Marines a chance to train in Korea.

Camp McTureous

July 23, 1 – 6 p.m.

Camp party, food and beverage provided

FOOD

Camp Foster

• Chesty’s Staff Noncommissioned Officers’ Club

July 22, noon to 7 p.m.

Adults \$9.95 children \$5.95

• Butler Officers’ Club

Family BBQ, steak buffet

July 22, time TBD

adults \$12.95 children \$6.95

Sunday Brunch

July 23, 10 a.m. to 2 p.m.

members \$8.95 guests \$10.95

Camp Kinser

• Kinser Surfside

Block Party, featuring hamburgers, hotdogs and karaoke

July 22, 5 p.m. to midnight

Sunday Brunch

July 23, 10 a.m. to 2 p.m.

members \$8.95 guests \$10.95

Note: All enlisted clubs will be open until 3 a.m. Friday and Saturday. The Globe & Anchor Enlisted club will be open until 5 a.m.

Be a good ambassador during the G-8 Summit

Naval Hospital Corps celebrates 102nd birthday

Lance Cpl. Kimberly S. Dowell

Combat Correspondent

CAMP FOSTER — The Navy Hospital Corps celebrated its 102nd birthday at the Camp Smedley D. Butler Officers’ Club June 16.

The guest of honor, Lt. Gen. Earl B. Hailston, commanding general, III Marine Expeditionary Force, Marine Corps Bases Japan, spoke about the bond between Marines and Navy corpsmen.

“Like all combat Marines, I have a fondness and admiration for the Navy corpsmen of the Hospital Corps,” said Hailston. “The bond between the Marines and the corpsmen is one that has been forged in combat. Few really appreciate how much of a force multiplier you are.”

Established by an act of Congress June 17, 1898, the Navy Hospital Corps was recognized for their performance in combat during World Wars I and II, especially in the field with Marines.

“Our military history is replete with feats of the bravery and gallantry and self-sacrifice of Navy corpsmen,” said Hailston. “In fact, 22 Navy corpsmen have

received the Medal of Honor, many awarded post-humously, for heroic acts in saving the lives of fallen Marines.”

Hailston also said the percentage of fallen corpsmen in the Korean War was higher than the losses suffered by the Marines they served with.

Corpsmen serve at Navy hospitals, aboard ships and are assigned to Marine Corps units worldwide.

A special “table-set-for-one” ceremony preceded the guest of honor’s birthday message. The ceremony uses symbolism to honor those still missing in action. The table used in the ceremony is small, to represent the “frailty of one, alone against the oppressors.”

The ball celebrated the history of the Hospital Corps. Following Hailston’s speech and the cake cutting, the oldest and youngest hospital corpsman were acknowledged.

Seaman Apprentice Julie Morgan, 18, the youngest corpsmen present, will reach her one-year anniversary in the Navy Aug. 26. The oldest corpsman on island, Master Chief Dominador Ortiz-Luis, 49, celebrates his 26th year in the Navy, July 8.



LANCE CPL. KIMBERLY S. DOWELL

Sailors celebrate the 102nd birthday of the Navy Hospital Corps by bringing in the ceremonial birthday cake.

Futenma’s mess hall gets top rating for 2nd quarter



SGT. JENNIFER A. WOLF

Marines from Futenma’s Mess Hall are awarded for their excellence.

Sgt. Jennifer A. Wolf

Combat Correspondent

MARINE CORPS AIR STATION FUTENMA — The Futenma Mess Hall beat out 11 others to receive the Commanding General’s Food Service Excellence Award for the 2nd Quarter of Fiscal Year 2000 during a ceremony here, June 14.

For winning the award, the unit takes the title “Best Mess Hall of the Quarter.”

“It puts us back on the map as a force to be reckoned with,” said Gunnery Sgt. Virginia A. Langley, assistant mess hall manager, Marine Corps Air Station Futenma mess hall.

“What set Futenma apart from the other

mess halls is that in each category of inspection the mess hall, and specifically the command, was doing the job,” said Master Gunnery Sgt. Joe R. Dominguez, food technician, Marine Corps Base Food Service. “Futenma has been instrumental in juggling dwindling resources and on target in every functional area.”

The mess halls were judged on many different aspects of their jobs, ranging from Quality Assurance Evaluations to financial stability of inventory, according to Dominguez.

Earning this award puts the Futenma Mess Hall one step closer to participating in the annual W. P. T. Ney Hill Award, which identifies the best mess hall in the Marine Corps.

Marine Corps Base rifle team earns Lloyd Trophy

Lance Cpl. Kimberly S. Dowell

Combat Correspondent

CAMP FOSTER — The Marine Corps Base, Okinawa, Japan Rifle Team received the Lloyd Trophy during an award ceremony May 26.

The base rifle team officially received the Lloyd Trophy from Brig. Gen. Gary H. Hughey, commanding general, Marine Corps Base, Camp S. D. Butler.

The team earned the trophy during the 2000 Far East Division Matches Championship, which took place at the Camp Hansen rifle range.

Marine Corps rifle teams compete in four divisional matches each year.

Hughey commended the team, acknowledging that the victory represents the Marine Corps philosophy that all Marines are riflemen first.

Winning the Lloyd Trophy is “awesome,” ac-

cording to Master Sgt. Jack Pursel, team coach and electronics technician with Marine Corps Base. “Marine Corps Base took the trophy from units that are always out there shooting.”

Joining the base rifle team has to do with talent and fate. Mission accomplishment remains priority one throughout the Marine Corps. If a section can send the qualifying individual, then that person has an opportunity to join the team, according to Lopez.

Lopez is one of only 300 Marines to hold Distinguished Shooter Honors.

The members of the rifle team are Master Sgt. Jack B. Pursel, coach, Gunnery Sgt. Juan Lopez, Gunnery Sgt. Denise E. Bargo, Staff Sgt. Emerson L. Tate, Staff Sgt. Ricky Serrano, Sgt. Israel Estrada, Sgt. Larry J. Arnold, Cpl. Michael Binon, Cpl. Timothy J. Jelinek, Cpl. Juan F. Parks, Lance Cpl. Jesse R. French and Lance Cpl. H. Q. Nguy.



LANCE CPL. KIMBERLY S. DOWELL

(left to right) Lance Cpl. Jesse French, Gunnery Sgt. Denise Bargo, Sgt. Larry Arnold, Brig. Gen. Gary H. Hughey, Master Sgt. Jack Pursel, Gunnery Sgt. Juan Lopez and Staff Sgt. Ricky Serrano stand with the Lloyd Trophy.



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623-4054

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645-7423

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Most servicemembers to see pay raise, expected increase up to 5.5 percent

Jim Garamone

American Forces Press Service

WASHINGTON, D.C. — Most service members will see their pay increase in July as a result of the final leg of the compensation triad passed by Congress last year.

Pay table reform goes into effect in July with about 75 percent of service members receiving raises of one-half percent to 5.5 percent, said Navy Capt. Elliott Bloxom, director of DoD compensation. The other two legs of the triad DoD pushed last year were the overall 4.8 percent raise last January and retirement reform.

The increase in July is in addition to the January raise. "This is a permanent adjustment or correction to the pay table to reward performance over longevity," Bloxom said. "This restores some of the balance the pay table has lost over the last 50 years." He said the reform has two other effects: every promotion will be worth more in terms of absolute dollars, and the table still provides meaningful longevity raises.

The percentage hike that people see in July varies depending on where and how much the pay table was out of adjustment, Bloxom said.

Members will see changes if the table was out of whack or none if the table was about right — E-2 rates, for instance, don't change July 1, he said.

"The E-2 pay raise has historically been more than the E-3 or E-4 pay raise in terms of dollar values," Bloxom said. "We put a

lot of money into the E-3 and E-4, such that, with that promotion it brings more than the E-2."

Regardless how much their pay increases July 1, all service members will benefit from the reform as they continue to serve and are promoted. "That's why I call it an adjustment," Bloxom said. "People will still get this raise one, two, three or four years from now."

The officer pay table will receive a bigger boost than the enlisted table because, Bloxom said, it was more out of whack.

"We only get the officer pay table back to about 53 percent of a person's increases in pay due to promotion and 47 percent due to longevity," he said.

But, he said, overall more money went into the enlisted pay table.

"So over the course of time enlisted personnel will receive more successive pay raises as a result of pay table reform," he said.

He said the 9th Quadrennial Review of Military Compensation is now under way and the panel is looking at the enlisted pay table. He said Congress is also looking at pinpointed raises for mid-level NCOs.

"The 9th QRMC is looking at enlisted pay issues across the board from entry pay through the balance that's struck between senior level NCO pay vs. officer pay — levels of responsibility, degrees of education," he said. He said he hopes that when the panel finishes, DoD will see some concrete recommendations for what to do with enlisted pay.



CPL. CHAD C. ADAMS

Marine remembered

Marines, Sailors and family members attended a memorial service for Col. Randall W. Larsen at Camp Courtney June 16.

"It is said that memorial services are for the family, and to that I say 'Amen,' because we are his extended family," said Navy Capt. Henry Nixon Jr., III Marine Expeditionary Force chaplain. "Our colleague, leader and friend stepped from this world, where time is measured, to another world where time is endless."

Larsen, on Permanent Change of Station leave in his hometown of Spencer, Iowa, passed away while exercising. The official cause of death has not been determined pending the completion of an autopsy.

Larsen received his commission in 1976, shortly after graduating from Iowa State University Naval Reserve Officer Training Corps. He recently finished a three-year tour with III MEF.

"It's amazing how Randy Larsen impacted our lives," said Lt. Gen. Earl B. Hailston, commanding general, III MEF. "Many are mourning his passing. Randy Larsen was so many things. He made the Marine Corps a better organization."

Larsen is survived by his wife Virginia, daughters Christine and Katherine, and son William.



LANCE CPL. CARL F. SCHNAUFER IV

Packing them up, shipping them out in Korea

Marines from the ground combat element board CH-53E's, with Marine Air Group 36, 1st Marine Aircraft Wing, during the Korean Incremental Training Program 00-2 in Pyon Dong, Korea. The Marines returned from Korea earlier this month.

School begins new reading program

Pfc. Josh P. Vierela

Combat Correspondent

CAMP FOSTER — In an effort to promote reading, Killin Elementary School began a program in January to jumpstart children's interest in reading.

Killin Elementary is the first Department of Defense Dependents Schools to use the Reading Counts program, according to Jane Chop, reading program coordinator for Killin Elementary School.

"This program has given the school a focus," said Chop.

The program is designed to help students learn to love reading for enjoyment, in addition to keeping what they learn from the program as a life skill, according to Chop.

Reading Counts is a computer-based testing program that provides children 10 randomly chosen multiple-choice questions per book. Each student is given up to three chances to pass a test. However, if a child fails a test they must wait a day between tests, in which 10 different questions are given.

For each book read, the student is awarded points depending on the difficulty level of the book. Picture books average two points, while novels average five to 10 points.

The children accumulate points to receive a star. For twenty-five points the student gets a blue star. A red star is given for 50 points, a bronze star is received for 100 points, a silver star equals 250 points and 500 points is enough for a gold star.

The stars are then placed in the library and their names are published in the Gecko, a weekly newsletter.

The interactive program allows students to check their progress in the library.

Students type their names into the system to review the number of books they have read along with other statistics such as number of words read.

Children select their books from a reading list consisting of 14,000 books on the program. The library color-codes books according to difficulty.

Presently, the school has more than 20 students with more than 250 points.

Ninety percent of the school's 740 students have at least a blue star, according to Chop.

One student, Wayne David Hefner, a second grader, has 1,029 points and has read more than 507 books.

Many of the students read books for the pleasure of reading.

"I just like learning more things as I read," said Phillip Skalmiak, 6th grade.

DoD considers laser eye surgery

Staff Sgt. Kathleen T. Rhem

American Forces Press Service

WASHINGTON — DoD officials are looking into the possibility of offering laser eye surgery to military beneficiaries.

Several studies are under way to determine if laser vision correction stands up to the rigors of military life, said Dr. John Mazzuchi, deputy assistant secretary of defense (health affairs) for clinical and program policy.

“Our first concern is for the active duty force,” Mazzuchi said. “If this method works for them, the eye is stable over time, and the military environment doesn’t harm them, then I think this is something we will do for them as a readiness issue.”

He said officials will probably relook the issue in two to three years, when preliminary data are available from ongoing studies. New DoD policy allows individuals who have had laser vision surgery to obtain a medical waiver before joining the military; previously they were barred altogether.

Providing the service to family members is a different ball game. While laser eye surgery might become a readiness issue for the active duty force, Mazzuchi said, it would be elective cosmetic surgery for others.

Laser eye surgery might be beneficial, but doing purely cosmetic procedures means having to take care of all medical necessities first, he said. “For the near future, at least, I think this is not going to become a covered benefit.”

The military healthcare system already has to struggle to operate within its budget, he explained. However, he added, that doesn’t necessarily mean these laser procedures would be out of reach of military beneficiaries.

“Our facilities are going to have to do a number of these procedures because we have ophthalmology training programs,” Mazzuchi said. “The way we’ve normally done cosmetic surgery is to make it available at

our teaching centers, but the beneficiary has to pay for it.”

Under current regulations, outpatient surgical procedures would cost about \$270 per day in military medical treatment facilities, he said. So, that would be the cost of a 15-minute laser operation — considerably cheaper than the \$4,000 to \$6,000 charged by civilian providers.

“We don’t want to deny a new medical breakthrough to our beneficiaries, but when it’s purely cosmetic and not medically necessary, we can’t make it available at no cost,” he said. “We would try to balance our training needs and the desires of our beneficiaries to try and make this available at a reasonable cost.”

Mazzuchi said the military keeps tabs on emerging medical technologies for several reasons. For one, it’s the best thing to do for DoD beneficiaries. For another, an exciting atmosphere helps attract quality medical professionals.

“We want to attract and retain the best-quality medical people the country has to offer. One of the best ways to do that is with really good training programs and with exciting medicine,” Mazzuchi said. “Cutting-edge medicine attracts the best and keeps the best.”

He said whether or not DoD is interested in a certain procedure or technology depends somewhat on the readiness implications of the procedure. “One of the reasons laser eye surgery is so important to us is that it may free us from having to rely on glasses,” Mazzuchi said. “That has tremendous implications for military operations.”

However, the desire for cutting-edge techniques has to be balanced with ever-present fiscal constraints. “The taxpayers expect us to spend their money wisely,” he said.

But the main driving force behind exploring new medical breakthroughs is to provide quality medical care for DoD beneficiaries. “We believe the people who serve their country ought to have top-quality medical care,” Mazzuchi said. “We want our healthcare system to be the best healthcare system there is anywhere.”



LANCE CPL. KIMBERLY S. DOWELL

HMM-262 turn over

Lieutenant Colonel Keith B. Ferrell (left) hands over the colors and command of Marine Medium Helicopter Squadron-262, 1st Marine Aircraft Wing to Lt. Col. Thomas M. Murray in a Change-of-Command ceremony June 22.

Colonel Farrell told the Marines, families and friends that serving as the commanding officer of HMM-262 “has been the most rewarding and enjoyable 20 months” of his 21 year Marine Corps career.

Col. Murray pledged to use all of his knowledge and experience to lead HMM 262 safely and effectively. Part of his knowledge was gained as the HMM 262 “Flying Tigers” squadron executive officer.



CPL. MATTHEW S. BATES

CAB changes command

Lieutenant Colonel William P. McLaughlin replaced Lt. Col. Stephen R. Cote as commanding officer for the Combat Assault Battalion, 3rd Marine Division, in a Change-of-Command ceremony at Camp Schwab, June 23. “If they would have let me chose my own replacement, I couldn’t have picked a better man for the job,” stated Cote in his farewell address. “Lieutenant Colonel McLaughlin is a good leader and Marine, and I know that he will raise this battalion to the next level.”

Cote, will be leaving for the Naval War College in Newport, R.I. McLaughlin reported to this post from the III Marine Expeditionary Force, where he worked as the Plans Officer for the G-3 Amphibious Section. His previous assignments include serving as a faculty advisor and problem director at the Amphibious Warfare School in Quantico, Virginia, and as the commanding officer for Delta Company, 2nd Assault Amphibian Battalion, 2nd Marine Division.

McLaughlin has a Bachelors degree in Political Science from The Citadel, and is currently completing his final requirements for a Master’s in American History from George Mason University.

His personal decorations include the Meritorious Service Medal, Navy Commendation Medal with combat distinguishing device, Navy Achievement Medal and the United Nations Medal.

McLaughlin is married to the former Michelle R. Conley of Charleston, S.C., and they have two sons, Patrick and Brendan.



LANCE CPL. KIMBERLY S. DOWELL

Battle of Okinawa memorial

Lieutenant General Earl B. Hailston attended "The 2000 Battle of Okinawa Memorial Service" at the Peace, Prayer and Memorial Park with his Nancy June 23.

The ceremony honors those who lost their lives during The Battle of Okinawa. This historical battle lasted more than 90 days and took the lives of more than 200,000 Japanese and Americans.

General Hailston said he was "profoundly honored and extremely grateful to be invited to this important Okinawa Memorial Day Observance. For the Okinawa Prefectural Government to share such an occasion with us, to include us, is wonderful and strengthens us as friends, families and neighbors."



PFC. KATHY J. ARNDT

Executive looks to improve island USOs

In a two-and-a-half day tour of United Service Organizations here, retired Army Gen. John H. Tilelli, President and Chief Executive Officer, World USO (right), talked with camp commanders and representatives on how to improve each individual USO. Tilelli talked about getting new pool tables, newer movies and Internet service into the USOs.

Community Briefs

Okinawa Ice Hockey Club

The Okinawa Ice Hockey Club skates every Thursday night from 10 p.m. to 11:45 p.m. at the Southern Hills sports complex in Haeburu. Participants must have their own gear and be at least 18-years-old.

For more information, contact Mike Desmone at 933-2560, 645-3524, or email tacks952@momo2000.com.

Breast cancer survivors

The U.S. Naval Health Promotion Department is looking for breast cancer survivors to participate in a breast cancer awareness event in September.

For more information, call Marley Nelms at the Health Promotion Department at 645-2620/2578.

Revised receipt requirements

Requirements have changed for personnel living off base, receiving government housing allowance and who turn in utility receipts. The Japanese government no longer accepts receipts without the record of how much of each utility was used.

For more information, call the off-base utility office at 645-7432.

Eye safety month

July is Eye Safety Month and Marine Corps Community Services wants you to protect them. If you wear contact lenses, ensure you properly clean them and any objects that touch them including hands.

Also, everyone on Okinawa should own a pair of sunglasses. When purchasing sunglasses, ensure the label states that they protect against UVA/UVB rays.

Key volunteer training

Key volunteer coordinator training is scheduled for July 6 from 6 p.m. to 9 p.m. on Camp Courtney, Bldg. 5717.

Key volunteer basic training is scheduled for July 10 - 13 on Camp Foster, Bldg. 5715.

To register, or for information on key volunteer training or family readiness command training, call 645-2841.

American Red Cross annual charity golf tournament

The American Red Cross will host its 3rd Annual Charity Golf Tournament July 14 at Awase Meadows Golf Course. The entry fee is \$30 per person and check-in is required before 7 a.m. on the day of the event. Participants may select their own group or sign up alone and be placed in a group.

For more information, contact a Red Cross office.

Central Texas College hiring instructors

The Central Texas College Distance Learning Center is currently hiring full and part-time instructors in the following areas: Government, Sociology, Art History, Anthropology, Biology, English, Mathematics and History.

For more information contact the CTC DL Center at 645-7160/2123.

New TRICARE Overseas Family Member Dental Plan

Since Oct. 1, 1999, active duty family members have the opportunity to enroll in TRICARE Overseas Family Member Dental Plan. Enrollment allows family members to receive dental care for covered services from local civilian providers in "non-remote" countries.

For more information, call 643-7499.

To submit a brief ...

The Okinawa Marine accepts briefs for non-profit organizations and groups only. Briefs are run on space-available and time-priority basis. Deadline for briefs is noon Friday. The Okinawa Marine reserves the right to edit to fit space. Submit briefs by faxing to 645-3803, or send an e-mail to angusrj@mcbbutler.usmc.mil.

Alcohol-related NJPs III MEF/MCBJ

The following are alcohol-related nonjudicial punishments for June 18 - 24.

• Underage drinking

A private first class with 3rd Battalion, 12th Marine Regiment, 3rd Marine Division, was found guilty at a battery-level NJP of underage drinking. Punishment: forfeiture of \$263 for one month, and restriction and extra duties for 14 days.

• Underage drinking

A lance corporal with 3/12, 3rd MarDiv., was found guilty at a battery-level NJP of underage drinking. Punishment: forfeiture of \$273 for one month, and restriction and extra duties for 14 days.

• Underage drinking

A lance corporal with 3/12, 3rd MarDiv., was found guilty at a battery-level NJP of underage drinking. Punishment: forfeiture of \$273 for one month, and restriction and extra duties for 14 days.

• Underage drinking

A lance corporal with 3/12, 3rd MarDiv., was found guilty at a battalion-level NJP of underage drinking. Punishment: reduction to E-2, forfeiture of \$502 per month for two months, and restriction and extra duties for 45 days.

• Underage drinking

A lance corporal with 3/12, 3rd MarDiv., was found guilty at a battalion-level NJP of underage drinking. Punishment: forfeiture of \$502 per month for two months and restriction for 60 days.

• Underage drinking

A private with Headquarters and Service Battalion, Marine Corps Base, was found guilty at a battalion-level NJP of underage drinking. Punishment: reduction to E-2, forfeiture of \$563 per month for two months, and restriction and extra duties for 45 days.

• Underage drinking

A private with Marine Wing Support Squadron-171, 1st Marine Aircraft Wing, was found guilty at a squadron-level NJP of underage drinking. Punishment: forfeiture of \$500 for one month, and restriction and extra duties for 30 days.

• Underage drinking

A lance corporal with MWSS-171, 1st MAW, was found guilty at a squadron-level NJP of underage drinking. Punishment: reduction to E-2, forfeiture of \$563 per month for two months, and restriction and extra duties for 45 days.

• Drunk and disorderly

A private first class with 9th Engineer Support Battalion, 3rd Force Service Support Group, was found guilty at a battalion-level NJP of drunk and disorderly conduct. Punishment: reduction to E-1, forfeiture of \$502 per month for two months and restriction for 45 days.

• DUI

A petty officer 3rd class with United States Naval Hospital, was found guilty at a captain's mast of driving under the influence of alcohol. Punishment: reduction to E-3, forfeiture of \$650 per month for two months, and restriction and extra duties for 45 days.

‘What made you join the Marine Corps?’

The nature of my job, a combat correspondent, makes me naturally inquisitive. I ask a lot of questions to hundreds of Marines a year just to get information on a certain exercise or a particular weapon system.

My questions are often angled, so I can convey a Marines personal view-point for the reader sitting at home. Most of the time it is just business, but when I’m finished with the interviewing process, I like to dig a little deeper and find out more about the individual Marine. Maybe I took too many psychology classes in college, but I can’t help trying to find out what makes people tick.

I personally think it’s natural to try and pick the brain of someone. After all, I have a job that makes me communicate with so many people, why not try to learn more.

More often than not, I end up making small talk with a Marine, and asking them about their family and what they miss about not being in the states. I usually

get a decent response, but some people are not comfortable with a line of questioning so personal. Maybe they think that I’m making out a secret report for the CIA, and it will be used against them later. But I have found one common question that no one minds answering, “what

made you join the Marine Corps.”

It’s an easy question to answer. No matter what you did as a civilian, you share a common bond with everyone who wears the eagle, globe and anchor. Your response may not be the same, but you are here now, and every Marine you come in contact with has an answer.

Now, this is where it gets in-

teresting. I have never had anyone not answer this question. Some people light up and reflect on nostalgic times, and some you can see the wheels turning as if they didn’t really want to tell you the truth. I still get a response either way. You just have to ask the right question, and as far as I’m concerned, this is the one question

a Marine can’t refuse to answer.

In the last couple of years, since I implemented my irresistible question, I have heard some incredible stories. Some Marines joined because it was their legacy. They had a long running line of relatives who were Marines and they thought they should continue the legacy. Others joined out of contempt for their parents. I have heard Marines say they came from millionaire families and some said they were so poor they had no choice but to join. The ones who were drafted are slowly dwindling in numbers, but I have heard from them also. Most stories I will never forget, and some should be made into novels.

One story in particular takes me back a few years. I asked this particular lance corporal on a wet February day in a swampy area at Camp Lejeune, NC. my question as I had done with everyone else. Hoping not to hear that he joined for college money, as his friends had stated, he went into descriptive detail of his life story and what led him to the Marine Corps.

He told me of his father who had raised him since the age of 15. His Mother, the victim of mass genocide in Croatia, was never found. All he had left were a few old photos taken prior to 1993.

His father anticipated his own demise and sold everything the family owned to send his only son to America to live with distant relatives. He recounted how his father wanted him to join the American

military and come back to free his war-torn village from the Serbian stronghold. He worked hard in America and focused on his 18th birthday when it came time to join the military. Sadly, he never heard from his father again. He knew what had happened even though he never heard about it first hand.

His life was a struggle only few can comprehend. He came from a completely different way of life, and he flourished in the Marine Corps with a totally different focus from his peers.

As far as I know, he never made it to Croatia again. There was nothing for him there anyway, except the horrific memories of his childhood. I could sense that he didn’t want to go back. He ended up joining the Marine Corps because he wanted to make sure that nothing like that ever happened again.

Technically speaking, he could have just told me that he joined to protect America and other people in distant lands. I wouldn’t have been any the wiser, but I’m glad he told me the whole story.

That lance corporal’s life led him to the Marine Corps just like everyone else. Some call their path to the Marine Corps destiny, others would call it dumb luck. Either way, the Marine to your left and to your right got here somehow. Try asking them why they joined, you just might learn something new.

Staff Sgt. Jason M. Webb
MCB Public Affairs

Nation united by ideals, values that brought independence

On July 4, 1776, the 13 American colonies declared their independence. The first Patriots, with diverse backgrounds, representing different regions and interests, were united in their quest for freedom and their willingness to fight for liberty. Despite the considerable risk of almost certain defeat at the hands of the greatest land and sea power of that age, they ultimately triumphed and a new, independent United States of America emerged.

At sea, on land, and in the air, whether during peace or war, the men and women of America’s Armed Forces have continued to ensure the sacrifices of our forefathers and others who followed them were not made in vain. The backgrounds of the individuals in today’s Armed Forces are even more diverse than those of our predecessors — yet we all continue to unite behind the same ideals and values that guided this Nation to inde-

pendence over 200 years ago.

Today, on the first Independence Day of the 21st century, you — America’s Marines, soldiers, Sailors, airmen, a n d coastguardsmen — are America’s new Patriots, linked in spirit to the generations

of fighting men and women of our Nation’s great history. Around a troubled world, you deter our foes, protect our friends, and keep the peace.

Despite enormous danger, personal sacrifice, and lengthy separation from family and friends, it is your

indomitable spirit and steadfast willingness to serve that define America and manifest its ideals, both at home

and abroad. On this Independence Day, America honors you and all those who preceded you.

On behalf of the Joint Chiefs of Staff, thank

you for all you do in the defense of our great Nation — on this — America’s birthday.

Gen. Henry H. Shelton,
Chairman of the Joint Chiefs of Staff

“We all continue to unite behind the same ideals and values that guided this Nation to independence over 200 years ago.”

Gen. Henry H. Shelton,
Chairman of the Joint Chiefs of Staff

STREET TALK

“How are you planning to celebrate Independence Day?”



Pfc. Benjamin E. Martin, 9th ESB, 3rd FSSG

“Spend some time with friends.”



Cpl. Corey L. Shaw, H&S Bn., 3rd FSSG

“I’m going home - PCSing back to the states.”



Herbert Gray Jr., military family member

“We’re going to have a big barbecue and watch fire works.”



Lance Cpl. Daniel F. Reese, G-5, MCB

“Relax and enjoy the holiday.”

CARAT Marines conduct training in Philippines

Staff Sgt. Jason J. Bortz

LF CARAT Public Affairs

FORT MAGSAYSAY, Philippines — More than 400 Marines with Landing Force Cooperation Afloat Readiness And Training, III Marine Expeditionary Force, conducted bilateral training with Philippine Marines here, June 13.

The Philippines is the first of six countries in which Marines of LF CARAT 2000 will conduct bilateral training. The purpose of the training is to familiarize the U.S. Marines with other countries' Marine Corps' tactics, techniques and procedures. It also provides a chance to build camaraderie between the two services.

"This is a wonderful opportunity for two great Marine Corps to get together and share knowledge," said Philippine Col. Ben Corona, commanding officer, Combat Service Support Brigade, Philippine Marine Corps.

The training began with classroom lectures and infantry demonstrations on tactics such as patrolling and reacting to sniper fire.

"They [Philippine Marine Corps] are very professional, well disciplined and very enthusiastic about learning," said Capt. John Hatala, commanding officer, Ground Combat Element, LF CARAT.

"I think they learned something today," said Capt. Charles Hinton, Headquarters and Service Company commander, LF CARAT, who gave a class on the Marine Corps Planning Process.

During the training, the American Marines also learned from their counterparts.

"They have a lot of [combat] experience," said Hatala. "The U.S. Marines got a few new ideas on taking out bunkers, tunneling and crossing danger areas. They have some really good techniques."

Over the next two days the Philippine and American Marine Corps came together for some live-fire exercises. Training included firing 81mm mortars, making and applying shape charges, clearing a building in an urban setting and engaging an enemy while patrolling.

"I had a lot of fun blowing up things," said Sgt. Jade Dalloran, Force Reconnaissance, Philippine Marine Corps, who spent the day with the Combat Engineers Platoon using shape charges. "I [would] like to train with them again."

The Marines from LF CARAT will had one final opportunity to train with the Philippine Marines when they conducted a combined amphibious assault June 21.



SGT. JOHN VANNUCCI

(above) A Landing Craft Air Cushioned from the USS Germantown heads toward the beach at Ternate, Philippines, for an amphibious landing. The LCAC carries U.S. and Philippine Marines as part of Landing Force Cooperation Afloat Readiness And Training 2000.

The Philippines was the first of six countries in which Marines of LF CARAT 2000 will conduct bilateral training with their Marine counterparts. The purpose of the training is to familiarize the U.S. Marines with other country's Marine Corps' tactics, techniques and procedures.



SGT. JOHN VANNUCCI

(left) Cpl. Jeremy Chesser, Kilo Company, LF CARAT, sets up a squad of U.S. and Philippine Marines in a defensive position. The two Marine Corps' spent three days training together at Fort Magsaysay, Philippines as part of LF CARAT 2000.

The Marines from LF CARAT had one final opportunity to train with the Philippine Marines when they conducted a combined amphibious assault June 21.

Futenma, Kinser Marines take time out for local children

Pfc. Kathy J. Arndt

Combat Correspondent

YONABARU, Okinawa — Volunteers from Marine Corps Air Station Futenma and Camp Kinser took a morn-

ing out of their weekend to clean the yard and play with the children at Airin En Children's Home June 17.

The MCAS Futenma Chapel community project started with cleaning around the yard at the children's home. Since

the home's lawn mowers were broken, volunteers used trimmers, rakes, pruners and their hands to pick up trash and remove weeds.

The volunteers started at the bottom of a steep slop and worked their way up, cutting down thick weeds, removing trash, large limbs, metal debris and large rocks.

When the cleaning was done, the volunteers washed off the grass clippings and sweat from their hands and faces. Then they prepared for lunch. The volunteers and children lined up to fill their plates. There were sandwiches, chips, potato salad, coleslaw, macaroni salad, cookies and a variety of beverages. Following lunch, the volunteers played with the children.

"The kids were everywhere, and they wanted to play with everything," said Petty Officer 2nd Class Chelo Causay, chaplain assistant, chaplain office, MCAS Futenma.

The volunteers and the children played for two hours before leaving.

"It was interesting getting two languages together and trying to

communicate," said Jacqueline P. San Nicolas, dental technician, 3rd Dental Battalion.

The children's home was founded in 1946, after World War II. It was built for the children who were orphaned by the war. Now the home is for children ranging from three to 18 years of age. The children's home is for abused or abandoned children or for children whose parents are too ill or in too much financial trouble to take care of them.

Because of the volunteer's help, the children's home can save some money to spend on the children.

"I just did it (cleaned) for the little kids," said Lance Cpl. Jeremy L. Long, Avenger System Technician, 1st Stinger Battery.

Many of the volunteers were pleased by the hard work put into the project at the children's home.

"It was outstanding, everyone including the children had a great time," said Navy Lt. Hussan M. Shaikh, chaplain, MCAS Futenma. "I was glad to know the everyone was willing to help out."



PFC. KATHY J. ARNDT

Seaman Christine K. Oestreich (left), religious program specialist, and Gunnery Sgt. Hafiz Camp, personnel chief, 3rd FSSG, help clean the grounds of Airin En Children's Home.

‘Doc’ gets more than expected from Navy at JWTC

Lance Cpl. Kimberly S. Dowell

Combat Correspondent

CAMP GONSLAVES — He dips his fingers into the red theatrical make-up and begins to work on the healthy corporal’s jaw. Within minutes a deep, bleeding gash appears complete with corn-syrup blood and ragged latex-skin. The art of moulage is not something taught in Navy Corpsmen School, but the cammie-clad sailor is an old pro.

For Petty Officer 3rd Class Ryan Walter Dilks, corpsman, Jungle Warfare Training Center, creating realistic injuries for training exercises is just one of the things he didn’t expect to learn when he joined the Navy.

The 22-year-old Fresno, Calif., native joined the Navy out of a sense of family history. He had no dreams of becoming a make-up artist.

“My grandfather served during World War II and Korea. A corpsman saved his life in both conflicts...” he sighs, sprinkling charcoal dust over the fake injuries on a lance corporal’s shoulder. “I’ll give you the whole story some other time.”

The blue-eyed “Doc” found himself assigned to JWTC after a year of training at the Naval Hospital Corps School, Great Lakes Naval Base. He was issued a closet full of Navy blue and white uniforms, but he has been pressing out cammie-green ever since.

When he first reached the northern jungles of Okinawa in late 1998, Dilks was nervous.

“But I adapted quickly,” he said. “These guys are really easy going, and I felt like I fit in after the first night.”

Dilks identifies himself as a “greenside” corpsman. To be on the “greenside” means the sailor is assigned to a Marine Corps unit. To be “blueside” means the Sailor is assigned to a Navy unit.

Several of the Marines Doc has worked with see him as true “green.”

“In my experience, it is rare to find a corpsman with the ability, knowledge and experience to lead Marines outside of the medical field,” said Sgt. Bryan S. Wallgren, instructor, JWTC. “It is also sometimes rare to find a corpsman or Marine that has seen enough injuries who can calmly assess a situation rather than act like a scrape on a foot is a sucking

chest wound. Doc Dilks understands that he is not here to make friends. He is here to lead, train and influence Marines and Sailors that come to JWTC.”

Doc’s boss for two years, Gunnery Sgt. Richard Smith, lead instructor, JWTC, has gone through a few “docs” in his time at JWTC. He says he has the utmost confidence in Dilks’ abilities as a corpsmen.

“Doc Dilks is an outstanding corpsman,” said Smith. “I would go to combat anytime with him, because I know he’ll take care of me. I would be willing to bet that no other HM3 has the knowledge that Doc Dilks has.”

It’s not just the Doc’s medical knowledge that has scored him points with the Marines at JWTC.

“He thinks like a Marine,” said Lance Cpl. Ryan Kalkbrenner. “That comes in handy in the field.”

Sergeant Bradley Keith said he agreed, “Doc Dilks is definitely a ‘greenside’ corpsman, a type unlike those in the hospital.

“While he was here he did what it took, he didn’t just sit back and do only corpsman things,” said Keith. “He went out with the staff and learned. And he didn’t always stop to put on the gloves when a Marine was hurt. He never gave you the feeling that he was too good to get dirty or even bloody with you.”

“He doesn’t stand to the side and complain,” said Wallgren. “He tries to make things better, doing things the right way not the hard way, while always taking care of those that he is in charge of. That’s what makes him a leader.”

Doc packs up more than field-worn cammies as he prepares to leave Okinawa this month. He finishes up the make-up work on the last simulated casualty and describes some of the lessons and experiences he takes with him to his next assignment.

“I’ve learned a lot up here ... some field stuff that I normally wouldn’t get a lot of experience with, things like tracking, land navigation, static-rope suspension training and the civilian search and rescue school,” he said. “You just don’t do that on a ship.”

The most important lesson gained from his time at JWTC is intangible, according to Dilks.



LANCE CPL. KIMBERLY S. DOWELL

Petty Officer 3rd Class Ryan Walter Dilks, corpsman, Jungle Warfare Training Center, inventories his medical bag.

“Marines have to respect you and know they can trust you,” said Dilks. “To be called ‘Doc’ doesn’t just happen. It’s an earned title, not a given.”

“My Marines trust me because I’m not afraid to do what they do, not afraid to get dirty,” said Dilks.

He looks around the clinic that has been the ‘office’ during his stay at JWTC, and wonders what will become of that hard-earned trust and respect.

“It’s one of the things I worry about now that I’m leaving,” said Dilks. “I’m always asking myself what kind of corpsman am I leaving my Marines with? Do I trust the next guy to take care of them the way I do?”

Dilks has seen much over his two years at JWTC. During his safety briefs he tells training units, “I’ve seen everything from stubbed toes to a dying Marine. Listen to the instructors so I don’t have to come out into the jungle and save your toe or your life.”

The Marines playing casualties in the field training exercise have long left the clinic. Doc puts away tubes of make-up and spray bottles of fake blood.

“I leave the island with a better understanding of the way Marines think,” he said. After two years with the Marines at JWTC, “Doc” heads for Lemoore Naval Air Station in California.

He looks forward to returnig to his wife and driving on the right side of the road.

“These are the two things I miss the most,” he said. “But my wife is definitely going to be the sweetest reward when I get back to the states.”

Fingering the collar of his cammies he says, “I just hope they still fit,” he said, referring to his Navy uniforms.

After the Navy, Dilks looks forward to a job as a physician’s assistant and some level of medical school.

“I’d say I’m going to be a doctor, but I can’t afford the malpractice insurance,” said Dilks.

Having put the last make-up tube away, Dilks turns to inventory his field pack for the last time.

“I’m going to miss this place,” said Dilks, “I’ve had the opportunity to train and work with some of the best Marines in the world.”

Baseball legend speaks at Hansen

Tommy Lasorda (right), former pitcher, coach, manager and current vice president of the Los Angeles Dodgers, poses with a Marine from Camp Hansen following a speech at the base theater.

Tommy Lasorda made a visit to the Camp Hansen theatre June 13 to give a touch of motivation and inspiration, Brooklyn Dodgers style, to the Marines of Okinawa.

Lasorda spoke for about an hour on believing in yourself and how to attain success.

Having pride in yourself is the key to being successful, according to Lasorda. He said that an individual should have pride in everything they do, and what they are.

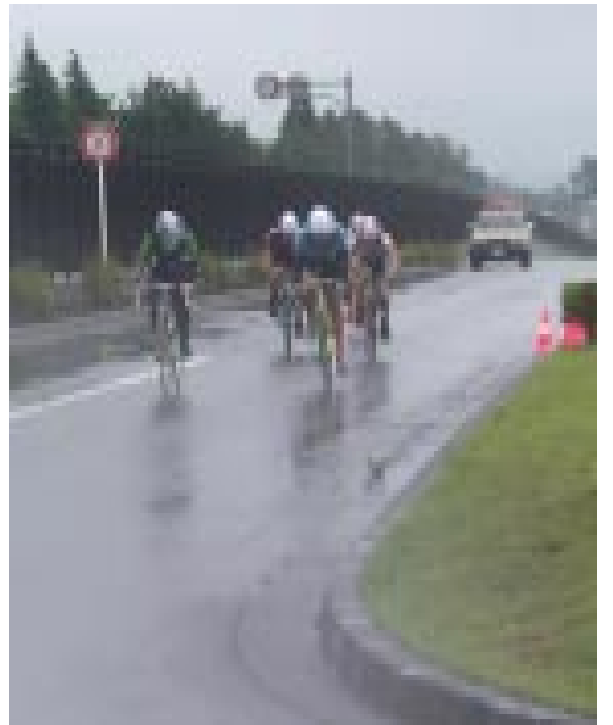
Lasorda related to the Marines about his meager but eager beginnings with the Dodgers and how he took his team to the top by teaching the team to believe in themselves.



SGT. NATHANIEL T. GARCIA



(above) Bicycle racers from around the Kanto Plain and other U.S. Military bases on mainland and Okinawa take off in the first Camp Fuji Cycling Challenge Races recently.



(right) Fuji Cycle Challenge racers pedal the downhill straight away along the Camp Fuji perimeter.

STAFF SGT. JOHN C. DIDOMENICO

Fuji Cycling Challenge unites Marine, Japanese cyclists

Staff Sgt. John C. DiDomenico

Camp Fuji Correspondent

CAMP FUJI, Japan — Despite a steady bone-chilling downpour, approximately 334 Japanese and Department of Defense-personnel bicycle racers from around the Kanto Plain area and Okinawa participated in the first Fuji Cycling Challenge hosted by Headquarters Battalion, Camp Fuji Marines here recently.

The race gave the Marines an opportunity to interact with the local community and at the same time promote the sport of bicycling, according to Brian Clemens, race coordinator and participant.

“Through this event, we continue to foster good relations with the local com-

munities,” Clemens said. “As well, we help promote the cycling sport. This race clearly demonstrates cycling is more than just a sport pitting individual wills and strength against one another, but a sport of teamwork and camaraderie.

“Many of us have participated in other races around the area,” he said. “It was good to see familiar faces of racers that I’ve met through the sport in Japan. They also received the opportunity to see our base and learn what Camp Fuji Marines do.”

The Fuji Cycling Challenge consisted of several races with a varying number of laps depending on participant skill levels. Riders pedaled the 2.18-mile perimeter of Camp Fuji through the steady rain.

“Cycling is extremely competitive and

challenging,” Clemens said. “Our course was tough since it had hills and a few difficult turns. The rainy weather was a small factor adding to the challenge.”

For some of the participants, the course has become a favorite.

“I participated in the Beginner B (over 35) class, and came in fourth place,” said Tatsuo Hosonuma of the Chibaponz team. “I wish I could have placed third. This course has become one of my favorites. So I want to overcome this target at next year’s race.”

While the races were underway, spectators and children had the opportunity to climb aboard an Amphibious Assault Vehicle, Light Armored Vehicle and High Mobility Multipurpose Wheeled Vehicle static display and visit vending booths.

Clemens added that the Fuji Cycling Challenge was a success.

“It went extremely well and was a memorable event for me,” he said. “Many of the participants said they enjoyed the races and being aboard our base. Due to its success, it’s already being labeled as an annual event with planning for next year’s race already in the works.”

Hosonuma looks forward to participating in the race again.

“I want to thank the Marines very much [for giving us] a chance to compete in the bicycle race at Camp Fuji,” said Hosonuma. “Unfortunately, the race day was raining, but we had an excellent time of bicycling. I think that many cyclists eagerly hope the Camp Fuji race will continue next year and after.”

Dietary supplements cannot replace exercise, balanced diet

Lance Cpl. Kimberly S. Dowell

Combat Correspondent

CAMP FOSTER — Whether battling the bulge or battling to bulge, many bodybuilders and dieters turn to supplements in the hope of achieving the “perfect body.”

For Lance Cpl. Charles A. Emmons, awards chief, 1st Marine Aircraft Wing, he takes on the battle of the bulge three times a week, supplementing his diet with Metabolift.

“Right now I am training for definition and appearance, rather than mass and strength,” said Emmons. “I want to be thinner and more defined to improve my form in karate.”

Before switching to Metabolift, a dietary supplement intended to boost metabolism, Emmons used Androsteine and Celltech to gain mass.

“Nitro-tech and Cell-tech are probably the most popular supplements we sell,” said NinaMay Fink, Semper Fit employee, Gunner’s Gym. “Complete whey protein is also popular.”

“In the future I want to try out Dyanbol and Nitro-Tech, because I plan on gaining lean muscle mass again,” said Emmons. “Nitro-tech is from the same company as Cell-tech, but it delivers more whey protein rather than creatine.”

Protein. Creatine. Whey protein. Diet Fuel. Ripped Fuel. Metabolift. How does a person attempting to get into premium condition decide which supplement to use or whether to use a supplement at all?

According to Navy Lt. Bradley Karovic, registered dietician, United States Naval Hospital, Okinawa, no supplement can replace a well-balanced diet and good fitness habits.

Often adding a supplement to a fitness program is

accompanied by the development of better lifestyle habits, such as eating better and working out more often, according to Karovic.

“When they start to see results, they think it is the supplement, and that keeps them motivated to continue,” said Karovic.

Protein shakes and supplements provide more protein than even the most active bodybuilder requires, according to Karovic.

“By following the food guide pyramid and eating a balanced diet from the various food groups, one will receive between 68-109 grams of protein,” said Karovic. “There is a large amount of protein found in the diet, thus there is no need for high priced supplements.”

The body cannot store excess protein as energy, so it is digested and excreted.

Karovic also points out the lack of Federal Drug Administration regulation on supplements.

“As long as the product doesn’t claim to be a cure-all, cures cancer, cures diabetes, then it can be sold,” said Karovic. “There is very little scientific support for the benefits of supplements.”

And still, the supplement business brings in \$6-billion dollars a year, according to a medical essay provided by the Mayo Clinic Health Letter, June 1997. The same article states that the industry continues to grow “as people search for a fast-fix, an easy way to feel better and stay healthy.”

Fink believes it is the convenience that overrides economy when it comes to bodybuilders purchasing supplements.

“It’s quicker and more convenient,” said Fink. “Plus, they see results sooner which keeps them motivated.”

“On those days when you don’t feel like hitting the gym, something like Ripped Fuel or Diet Fuel will give

you a lift and put you in the right mental state to pump out an effective workout,” said Emmons. “It’s a real positive reinforcement when you look in the mirror and see improvement. You know that all of your training isn’t in vain.”

Bodybuilders and dieters get into trouble when they start believing that supplements alone will get them to their goals, according to Emmons.

“The biggest misconception is that using supplements alone will gather results,” said Emmons. “The fact is that hard work and dedication yield results. A lifter who pushes himself 100 percent every day without supplements will see a better end product than a lifter who gives 50 percent effort and uses supplements.”

Emmons suggests cycling supplements to avoid plateauing and some of the negative side effects that can be experienced from supplement use and overuse.

Buying a blender and saving the money by making protein shakes at home is the wisest investment, according to Karovic. The homemade shakes lack the chemicals found in supplements, are cheaper and probably safer in the long run.

When life’s pace demands a pre-made shake or energy in a pill, the Mayo Clinic suggests checking the label. Supplements can lose their effectiveness over time. Also, look for the initials of the United States Pharmacopeia testing organization or labels such as “release assured” or “proven release.” These labels indicate, “that the supplement is easily dissolved and absorbed by your body.”

Overall, whether using supplements or the chow hall, there is no supplement for just plain hard work. Before adding a supplement to a workout program, consult a registered dietician or the Semper Fit Supplement representative.



CPL. CHAD C. ADAMS



CPL. CHAD C. ADAMS

(above) Two fighters tie-up on the ropes. Many fighters became exhausted during their three-round bouts at Camp Foster's all-services boxing exhibition.

(left) Ibiang fires a jab at Hunter. These warriors made the bout an exciting one for the crowd with a display of knockout power.

Okinawa pugilists step in ring at Foster fight night

Cpl. Chad C. Adams

Combat Correspondent

CAMP FOSTER — For the first time in ten years, leather cracked and crowds roared as the sport of boxing made its return to Marine Corps installations on Okinawa with Camp Foster's Saturday Night at the Fights at the Foster Fieldhouse here, June 17.

Nine bouts were on the card, and although many of the fighters wore their inexperience on the chin, the action kept the crowd on its feet.

Fight fans on Okinawa owe the return of the "sweet science" to Lt. Col. Donald Hansen, commanding officer, Marine Wing Headquarters Squadron-1, 1st Marine Aircraft Wing. With support from Marine Corps Community Services, Hansen set up shop, tucked away in one corner of the Foster Fieldhouse.

"I really do believe in boxing," said Hansen, a former All-Marine Boxing coach and Golden Gloves champion. "I believe in the sport. I think it gives these young guys confidence. It helped me out as a young man."

Hansen now helps other young, aspiring brawlers by sharing his wealth of boxing information, while keeping in shape doing something he loves.

"I've been boxing for 25 years," said Hansen. "Part

of my teaching is so that I always have sparring partners."

These partners put it on the line recently, many of them overcoming the fear of stepping into the ring for the first time.

"It takes a lot of guts to get in there and go toe to toe with someone," said Hansen.

For many of those who dared to do battle inside the ropes, learning lessons meant taking a few jabs and straight rights.

"I learned a lot," said Peter Duffin, who competed in and won his first fight. "Defense is the most important thing out there."

However, no matter what the outcome, the pugilists gained a newfound respect for the sport, and many are already roaring to get back into the ring.

"It was tiring, but it was beautiful at the same time," said Duffin, a 21-year old native of Glendale, Ariz. "It was real exhilarating. I look forward to future matches here on Okinawa."

Training is free and open to all servicemembers and Department of Defense employees. Workouts are every Monday and Wednesday from 5:30 to 7 p.m. and Saturdays from noon to 2 p.m. A mouthpiece and hand wraps are the only equipment required.



CPL. CHAD C. ADAMS

A fighter ducks his opponent's right as he prepares to deliver a body shot. For many of those who dared to do battle inside the ropes, learning lessons meant taking a few straight rights and left hooks.



CPL. CHAD C. ADAMS

(above) A fighter takes one on the chin at Camp Foster's fight night. Nine bouts were on the card for Saturday Night at the Fights, the first boxing event on a Marine Corps installation here in ten years.



CPL. CHAD C. ADAMS

(right) Serna receives instruction from his cornerman.

Want to get promoted?

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Small Air Support

"We're all part of a Learning Team."



The Marketplace



Automobiles/ motorcycles

1990 Toyota Cresta — JCI Jun 02, \$2,000 OBO. **1989 Nissan Presea** — JCI Jun 02, \$1,800. 646-3043. **1990 Toyota Mark II** — JCI Sep 01, \$3,200 OBO. **1986 Delica Van** — JCI Sep 01, \$950 OBO. 645-2743. **1992 Nissan Presea** — JCI Oct 00, \$2,000. 622-7772, or 622-5346. **1988 Honda Civic** — JCI Jun 01, \$700 OBO. 090-9582-9546. **1989 Nissan Skyline** — JCI Aug 00, \$2,200 OBO. **1991 Honda CRM** — \$1,800. 646-3434. **1988 Nissan Silva** — JCI Jul 01, \$2,500 OBO. **1986 Toyota Van** — JCI Jul 01, \$1,200 OBO. 646-5609. **1990 Exiv** — JCI Aug 01, \$2,200, OBO. **1988 Mazda Van** — JCI May 01, \$2,000 OBO. 637-0085. **1992 Toyota Windom** — JCI May 01, \$4,500 OBO. Dave, 637-2350. **1988 Nissan Bluebird** — JCI Aug 00, \$700 OBO. 622-8128. **1990 Toyota Corolla** — JCI Oct 01, \$900. Jose, 090-3792-2979. **1988 Nissan Silvia** — JCI Dec 01, \$1,000. 636-3478 or 696-2489. **1989 Isuzu Gemini** — JCI Apr 02, \$1,500. Mike, 623-7668. **1985 Suzuki** — JCI Feb 01, \$2,500 OBO. Jeff, 622-8233 or 623-4218. **1990 Nissan Cedric** — JCI Sep 01, \$1,200 OBO. 646-6770. **1992 Honda Inspire** — JCI Jul 01, \$3,000. 622-8233 or 623-4218. **1997 BMW 325i** — JCI May 01, \$2,000 OBO. **1990 Mazda Miata** — JCI Aug 01, \$4,500. 935-4317. **1988 Honda CRX** — JCI Jul 01, \$2,000. 622-7722 or 622-6484. **1989 Nissan Largo** — JCI Apr 02, \$2,800. **1990 Toyota Celica** — JCI Apr 02, \$2,800. Drew, 636-2433. **1989 Nissan Skyline** — JCI Apr 02, \$4,800. 646-6460 or 636-2770. **1990 Honda Civic** — JCI Jan 02, \$1,100. 636-4320 or 636-4278. **1987 Toyota Corolla** — JCI Mar 02, \$1,500 OBO. **1992 Toyota Corolla** — JCI May 02, \$3,000. 637-2598. **1988 Masterace Van** — JCI Jun 02, \$1,300. 645-2988. **1992 Nissan Presea** — JCI Oct 00, \$2,000. 622-7772 or 622-5346.



Miscellaneous

Transformers — (2) 2,000 watt transformers \$100 each, 1,500 watt transformer \$75. Rusty 646-4043. **Misc.** — Mower \$50; Grey carpet \$40; Blue marble carpet \$15. 646-6770. **Computer** — Parckard Bell 200 MHz, \$200. 637-2744 or 646-4618. **Trailer** — Motorcycle trailer, single rail, \$150. Phil, 646-8130. **Misc.** — Convection oven, \$50; Entertainment center, \$65; Transformers, \$50 each. 633-3778. **Computer** — Pionex, 366 celeron, 15 inch monitor, 4 GB. \$400. 646-6328. **Boat** — Avon CRRC 450 inflatable boat, \$4,000. Len Austin, 622-8568. **Misc.** — Two congas, \$340. Brian Yates, 623-5309. **Misc.** — Transformers, 2000w, \$100; 1000w, \$75; 500w, \$35; Dehumidifier, \$65. 935-4317. **Misc.** — Oak entertainment center/bookcase, \$250; oak stereo cabinet, \$100; wood desk, \$125; two rugs, \$40 each. Rick, 637-0085. **Sofa** — Living room sofa, green w/ pillows. Cherrie, 930-0393. **Computer** — 533 MHz, 8xDVD, 10 GB, 19" Monitor, \$1,200. 636-4927. **Misc.** — Scuba gear \$250; Oceanic Omega II \$320; Mares MR12 \$100; Steel 100ci tank \$200. 645-0952. **Misc.** — 7 piece drumset, \$500; 100 watt transformer, \$65; (2) 200 watt transformer, \$85 each. 646-8470. **Misc.** — Hockey gear and skates, \$450. John Benedetti, 636-2461. **Misc.** — Dining room table and four chairs, \$100; two Glass end tables, \$10 each; Computer desk, \$50; five Chest drawers, \$45; Coffee table, \$80; Entertainment center, \$50; Nokia cellphone, \$20. 622-8202. **Misc.** — Lawnmower and weedeater, \$70 for both, or \$40 each. 622-8202. **Misc.** — Children's curtains, \$10-\$20; Small blue bedroom lamps, \$15; Star color printer, \$45; 5 gallon rubbermaid gas can, \$5. Debbie, 645-587. **Misc.** — Computer desk, \$50. Gateway Essential, Pentium III, 500 MHz,DVD, 64MB and Epson printer, \$1,500. Dave, 637-2350.

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At a theater near you ...

Feature programs and start times are subject to change without notice! Second evening movies will vary when the program runs longer than 120 minutes.

Butler (645-3465)

Fri High Fidelity (PG13); 7:00
Sat Antz Animated (G); 1:00
Sat Return to Me (PG13);4:00
Sat High Fidelity (R);7:00,9:00
Sun Pokemon (G); 1:00
Sun Where the Money Is (PG13); 4:00, 7:00
Mon Return to me (PG13);7:00
Tue Toy Story 2 (G); 1:00
Tue Price of Glory (PG13); 7:00
Wed Where the Money Is (PG13); 7:00
Thu Road to Eldorado(G);1:00
Thu Shaft (R); 7:00

Courtney (622-9616)

Fri Ready to Rumble (PG13); 7:00
Sat Price of Glory (PG13); 7:00
Sun Shaft (R); 7:00
Tue Titan A.E. (PG); 2:00
Wed Return to Me (PG); 7:00

Futenma (636-3890)

Fri 3 Strikes (R)
Sat The Skulls (R)
Sun Ready to Rumble (R)
Mon Big Momma's House (PG13)
Wed Gone in 60 Seconds (PG13)

Call for Futenma start times

Hansen (623-4564)

Fri Mission Impossible 2 (PG13)
Sat Mission Impossible 2 (PG13)
Sun Shanghai Noon (PG13)
Mon Shanghai Noon (PG13)
Tue Price of Glory (PG13)

Wed Where the Money Is (PG13)
Thu Where the Money Is (PG13)

Call for Hansen start times

Keystone (634-1869)

Fri Big Momma's House (PG13); 6:30, 9:30
Sat The King and I (G);1:00
Sat Big Momma's House (PG13); 5:30
Sat Where the Money Is (PG13); 10:30
Sun Hercules (PG13); 2:00
Sun Price of Glory (PG13); 5:30
Sun Return to me (PG); 8:30
Mon Shaft (R); 7:00
Tue Titan A.E. (PG); 7:00
Wed Price of Glory (PG13); 7:00
Thu Gone in 60 Seconds (PG13); 7:00

Kinser (637-2177)

Fri Shaft (R); 7:00
Sat Titan A.E. (PG); 3:00
Sat Shaft (R); 7:00, 11:30
Sun Titan A.E. (PG); 7:00
Tue Return to Me (PG); 7:00
Wed Price of Glory (PG13); 7:00
Thu Where the Money Is (PG13); 7:00

Schwab (625-2333)

Fri Erin Brokovich (R)
Sat High Fidelity (R)
Sat The Skulls (R)
Sun Whole Nine Yards (R)
Sun High Fidelity (R)
Mon The Skulls (PG13)
Tue Shaft (R)
Wed Shaft (R)
Thu Ready to Rumble (PG13)

Call for Schwab start times

AAFES
\$3⁰⁰
Off

Haircut at your AAFES Barber/Beauty Shop.

Expires: 7 July 00

Limit one coupon per customer

Offer good with coupon only. Please present coupon before purchase. Not valid in combination with any other offer. No rain checks. Vendor is not responsible for publisher's errors. Limit one coupon per customer. Good in Okinawa only. No reproductions accepted.

AAFES
\$1⁰⁰
Off

8 gallons or more of gas/diesel fuel at your AAFES Service Station.

Expires: 7 July 00

Limit one coupon per customer

Offer good with coupon only. Please present coupon before purchase. Not valid in combination with any other offer. No rain checks. Vendor is not responsible for publisher's errors. Limit one coupon per customer. Good in Okinawa only. No reproductions accepted.

AAFES
\$3⁰⁰
Off

Laundry/dry cleaning any order of \$10 or more at your AAFES Laundry/Dry Cleaner.

Expires: 7 July 00

Limit one coupon per customer

Offer good with coupon only. Please present coupon before purchase. Not valid in combination with any other offer. No rain checks. Vendor is not responsible for publisher's errors. Limit one coupon per customer. Good in Okinawa only. No reproductions accepted.

AAFES
\$3⁰⁰
Off

Any order of \$15 or more at your AAFES Alteration Tailor.

Expires: 7 July 00

Limit one coupon per customer

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AAFES
\$6⁰⁰
Off

Permanent or chemical treatment at your local AAFES Beauty Shop

Expires: 7 July 00

Limit one coupon per customer

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AAFES
\$4⁰⁰
Off

Shampoo & set or blow dry, complete package service, manicure or pedicure at your AAFES Beauty Shop.

Expires: 7 July 00

Limit one coupon per customer

Offer good with coupon only. Please present coupon before purchase. Not valid in combination with any other offer. No rain checks. Vendor is not responsible for publisher's errors. Limit one coupon per customer. Good in Okinawa only. No reproductions accepted.